



## 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Gerhard Dehmel**

Club: ThwV Ilmenau

Number: 22

Course: 9.30 km

Kurze Strecke

Category:

Senioren M80 (80-84)

Total time: 1:02:27

Speed: 8.65 km/h

Running performance: 6:42 min/km

Rank in course/Total: 196 (of 239)

Rank in course/Men: 126 (of 140)

Best time in course: 32:54

Rank in category: 1(of 1)

Best time in the category: 1:02:27